



Central Texas Veterans Health Care System

SODIUM

Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.
See a Registered Dietitian (RD) for your individual needs.
The Nutrition Clinic is a walk-in clinic (no appointment needed) in Austin, Temple and Waco and by appointment at CBOC's.
Sign up with the clinic clerk to speak to a dietitian.

Other classes and programs available:

Diabetes Classes - series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

Cardiovascular - 3 hour class with nursing, nutrition and pharmacy information on heart health.

Pre-Diabetes — 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

Renal - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

MOVE! Weight Management - **MOVE!** is a national VA program designed to help veterans lose weight, keep it off and improve their health. MOVE! features a personalized program of nutrition, physical activity and behavior change. Visit www.move.va.gov to find out more.

Ask your Primary Care Team which of these classes is best for you and how to be enrolled.

Sodium



Your doctor may have asked you to cut back on sodium. High levels of sodium may cause you to retain water. This may result in problems with edema, high blood pressure, and congestive heart failure.

Tips to help limit sodium in your diet:

- 1.) Throw away the salt shaker—your taste buds **will** adjust!
- 2.) Cut back on sodium, not on flavor— use fresh herbs and spices to add flavor.
- 3.) Read the food label for sodium content—choose foods with less than 240 mg/serving.
- 4.) Look at the ingredient list to make sure salt is not at the top of the list.
- 5.) Eat home-cooked meals more often—you can have more control over the sodium content.
- 6.) Avoid highly processed foods—they are the source of 2/3 of the sodium we eat. Look for reduced sodium products.
- 7.) Avoid salted snack foods—such as pretzels, crackers and potato chips. Eat vegetables, fresh fruit or unsalted popcorn instead.
- 8.) Choose low sodium cheese by reading the food label.
- 9.) Be careful with food additives that are high in sodium - such as MSG, baking soda and baking powder.
- 10.) Ask your doctor before you use a salt substitute.



Quick Guide: per serving
Less than 140 mg or 5% is Low
More than 480 mg or 20% is High

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories	250	Calories from Fat 110
% Daily Value *		
Total Fat	12g	18%
Saturated Fat	3g	15%
Cholesterol	30mg	10%
Sodium	480mg	20%

Other healthy tips:

- Choose whole grains, fruits, and vegetables daily.
- Choose low fat dairy products daily.
- Choose lean meat, fish and poultry in small amounts.